

SELF ASSESS

How are you doing?



4.

I COMPLETELY UNDERSTAND AND
CAN EVEN TEACH A FRIEND!

3.

I UNDERSTAND AND CAN DO IT BY
MYSELF!

2.

I'M STARTING TO UNDERSTAND AND
CAN DO IT WITH SOME HELP.

1.

I DON'T UNDERSTAND YET, BUT I
WILL KEEP TRYING!

by **Deva Hardeep Singh** | **Dharma Seeds Yoga Press** | 25 May 2023

Self Assessment and Yoga

Yoga is a mind-body practice that has been around for centuries. It is a great way to improve your physical and mental health, and it can also be a powerful tool for self-assessment.

Self-assessment is the process of evaluating your own strengths and weaknesses. It is an important part of personal growth and development, and it can help you to make better decisions about your life.



In the metaphysical, spiritual, and yoga communities you hear the term, “Check-In” with yourself. When a person is healing from trauma, anxiety, or depression, I know of this from personal experience, you don’t trust yourself. In so doing of “checking-in” with ourselves can be a daunting experience. Or even cause more PTSD triggering responses. Be mindful of this, do some self-love, find a safe space, and try checking-in with yourself. **Know you can pause/stop** at anytime you may experience a flood of emotions.

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Here are some better ways to say “Know you can pause/stop at anytime you may experience a flood of emotions”:

- “It’s okay to take a break if you’re feeling overwhelmed.”
- “You don’t have to push through your emotions if you’re not ready.”
- “It’s okay to take a few minutes to calm down.”
- “You can always come back to this later.”
- “There’s no rush.”

It’s important to remember that everyone experiences emotions differently. Some people may feel overwhelmed by their emotions, while others may be able to manage them more easily. If you’re feeling overwhelmed, it’s important to give yourself permission to take a break. There’s no need to push through your emotions if you’re not ready.

Here are some additional tips for managing overwhelming emotions:

- **Take a few deep breaths.** This can help to calm your body and mind.
- **Identify what you’re feeling.** Once you know what you’re feeling, you can start to understand it better.
- **Talk to someone you trust.** Talking about your emotions can help you to process them and feel better.
- **Do something you enjoy.** Doing something you enjoy can help to take your mind off of your emotions.
- **Get some exercise.** Exercise can help to release endorphins, which have mood-boosting effects.

I found a useful tool (PDF) of Zones of Regulation. Which to be honest, is very remedial. Yet sometimes that is the best way to learn. It helps you identify where you are at in the present moment. <https://bit.ly/ZonesOfRegulation-DSY>

If you're struggling to manage your emotions, it's important to seek professional help. A therapist can teach you coping mechanisms and help you to understand your emotions better.

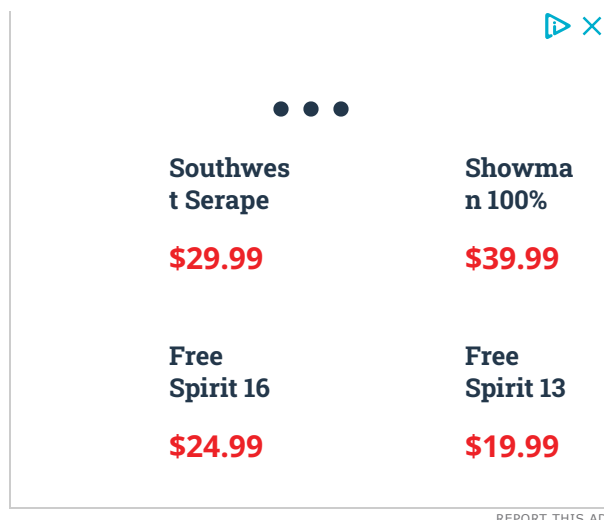
Checking in with yourself is the act of taking a moment to pause and reflect on your thoughts, feelings, and bodily sensations. It can be a helpful way to become more aware of your inner world and to identify any areas that may need attention.

There are many different ways to check in with yourself. Some people find it helpful to set aside a specific time each day, such as first thing in the morning or before bed. Others prefer to check in more spontaneously, whenever they feel the need.

Here are a few simple ways to check in with yourself:

- **Take a few deep breaths.** This can help to calm your body and mind and make it easier to focus on your inner experience.
- **Ask yourself how you're feeling.** What emotions are you aware of? Are you feeling happy, sad, angry, or something else?
- **Pay attention to your body.** Where do you feel tension or tightness? Are there any areas of your body that feel particularly relaxed?
- **Bring your awareness to your thoughts.** What are you thinking about? Are your thoughts positive, negative, or neutral?

Once you've taken some time to check in with yourself, you may want to reflect on what you've learned. Are there any areas that you'd like to focus on? Are there any changes you'd like to make?



Checking in with yourself is a skill that takes practice. The more you do it, the easier it will become. And the more you check in with yourself, the more you'll learn about yourself and the better equipped you'll be to take care of yourself.

Self Assessment



I can do this!



I'm getting there.



I need help!

Here are a few tips for improving on scanning yourself internally:

- **Be patient and gentle with yourself.** It takes time and practice to become more aware of your inner world. Don't get discouraged if you don't see results immediately.

- **Find a method that works for you.** There is no one right way to check in with yourself. Experiment with different methods until you find one that feels comfortable and effective.
- **Make it a habit.** The more you check in with yourself, the easier it will become. Try to make it a daily practice, even if it's just for a few minutes.

Checking in with yourself is a powerful tool for self-awareness and self-care. By taking the time to tune in to your inner world, you can learn more about yourself and make choices that are in alignment with your needs.

Yoga can help you with self-assessment in a number of ways. **First**, yoga can help you to become more aware of your body. When you practice yoga, you pay attention to your breath, your alignment, and your body sensations. This increased awareness can help you to identify areas of tension or tightness in your body, which can be a sign of emotional or mental stress.

Second, yoga can help you to develop a more positive relationship with your body. When you practice yoga, you learn to appreciate your body for its strength and flexibility. This can help you to feel more confident and comfortable in your own skin.

Third, yoga can help you to develop a more mindful approach to life. When you practice yoga, you learn to focus on the present moment and to let go of thoughts about the past or the future. This can help you to become more aware of your thoughts and feelings, which can be helpful for self-assessment.

If you are interested in **using yoga for self-assessment**, there are a few things you can do. **First**, find a yoga class that is appropriate for your level of experience. **Second**, make sure to listen to your body and not push yourself too hard. **Third**, take some time after class to reflect on your experience. What did you notice about your body? What thoughts and feelings came up for you?



Yoga can be a powerful tool for self-assessment. If you are willing to put in the effort, it can help you to improve your physical and mental health, and it can also help you to make better decisions about your life.

Here are some additional tips for using yoga for self-assessment:

- **Keep a yoga journal:** Write down your thoughts and feelings before, during, and after yoga practice. This can help you to track your progress and to identify patterns in your thoughts and feelings.
- **Talk to your yoga teacher:** Your yoga teacher can offer guidance and support as you use yoga for self-assessment.
- **Join a yoga community:** There are many yoga communities online and in your local area. Joining a yoga community can provide you with support and accountability as you use yoga for self-assessment.

Yoga is a journey, and self-assessment is an ongoing process. There is no right or wrong way to do it. The most important thing is to be patient and to be kind to yourself.

Resources

Here are some deep questions on becoming self-aware:

- What are my strengths and weaknesses?
- What are my values?
- What are my goals?
- What motivates me?
- What are my fears?
- What are my triggers?
- What are my patterns of behavior?
- What are my beliefs about myself and the world?
- How do I communicate with others?
- How do I handle conflict?
- How do I deal with stress?
- How do I take care of myself physically, mentally, and emotionally?

These are just a few examples of deep questions that can help you to become more self-aware. By taking the time to reflect on these questions, you can learn more about yourself and make choices that are in alignment with your needs.

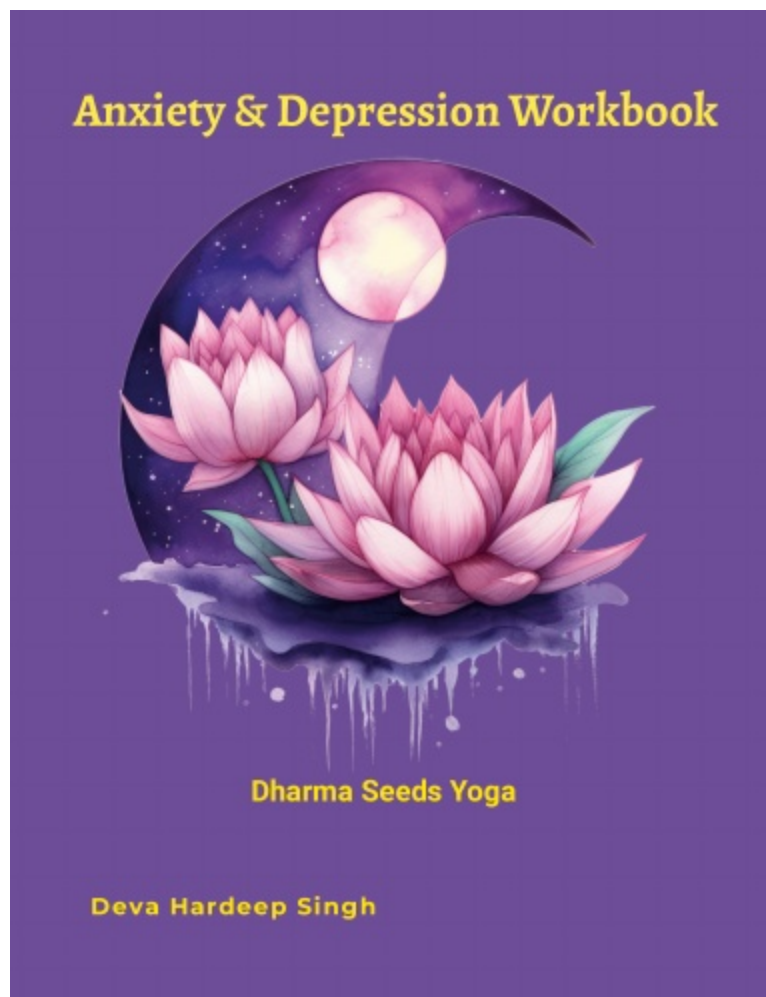
Here are some additional tips for becoming self-aware:

- **Pay attention to your thoughts, feelings, and bodily sensations.** What are you thinking about? How are you feeling? Where do you feel tension or tightness in your body?
- **Be honest with yourself.** It can be difficult to face our own truths, but it is essential for self-awareness.

- **Be patient.** Self-awareness is a journey, not a destination. It takes time and practice to become more aware of ourselves.
- **Seek help from a therapist or counselor.** If you are struggling to become more self-aware, a therapist or counselor can provide you with support and guidance.

Becoming self-aware is a journey, but it is a journey that is worth taking. By becoming more aware of ourselves, we can make choices that are in alignment with our needs and live a more fulfilling life. **As with life, this too is a journey and not a destination!**

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Anxiety & Depression Workbook ~ Dharma Seeds Yoga The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way people think and use yoga for healing. The book focuses and provides readers with exercises and worksheets to help them identify and challenge their negative thoughts and beliefs. The book provides readers with additional resources and information on how to get help for anxiety and depression. The Anxiety and Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.



Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi

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